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CASE REPORT ARTICLE

INTEGRATIVE THERAPIES ON THE PROMOTION AND PROTECTION OF BREASTFEEDING IN A BANK OF HUMAN MILK

TERAPIAS INTEGRATIVAS NA PROMOÇÃO E PROTEÇÃO DO ALEITAMENTO MATERNO EM UM BANCO DE LEITE HUMANO

TERAPIAS INTEGRALES EN LA PROMOCIÓN Y LA PROTECCIÓN DE LA LACTANCIA MATERNA EN UN BANCO DE LECHE HUMANA

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ABSTRACT

Objective: reporting the experience of residents in midwifery in the applicability of integrative therapies. **Method:** a descriptive study of type reporting experience, accomplished with a nurse on the sixth day of postpartum whose baby was in the NICU. The Human Milk Bank, University Hospital Antonio Pedro, Fluminense Federal University, was the site for the use of the following therapies: color therapy, music therapy, aromatherapy, foot baths, and reflexology and massage therapy. The wet nurse stood next to her companion, encouraging confidence in the work. After the completion of the activities, the monitoring was held by the nurse telephone contact in order to obtain data regarding the evolution of their milk production as well as their physical and mental well-being. **Results:** the techniques were of great importance for relaxation and well-being of the nursing mother. **Conclusion:** the holistic therapies and humanized care accounted aimed at comprehensiveness of health nurse and encouraging milk production. **Descriptors:** Breastfeeding; Complementary Therapies; Human Milk.

RESUMO

Objetivo: relatar a vivência das residentes em enfermagem obstétrica na aplicabilidade das terapias integrativas. **Método:** estudo descritivo, tipo relato de experiência, realizado com uma nutriz no sexto dia pós-parto cujo bebê se encontrava na UTIN. O Banco de Leite Humano, do Hospital Universitário Antônio Pedro, na Universidade Federal Fluminense, foi o local para o uso das seguintes terapias: cromoterapia, música terapêutica, aromaterapia, escalda-pés, reflexologia e massagem terapêutica. A nutriz encontrava-se junto ao seu companheiro, favorecendo a confiança no trabalho desenvolvido. Após a realização das atividades, foi mantido o monitoramento à nutriz pelo contato telefônico visando a obter dados de sua evolução quanto à produção láctea, bem como de seu bem-estar físico e mental. **Resultados:** as técnicas foram de grande importância para o relaxamento e bem-estar da nutriz. **Conclusão:** que as terapias representaram assistência holística e humanizada visando à integralidade à saúde da nutriz e favorecendo a produção láctea. **Descritores:** Aleitamento Materno; Terapias Complementares; Leite Humano.

RESUMEN

Objetivo: reportar la experiencia de los residentes en enfermería obstétrica a cerca de la aplicabilidad de terapias integrativas. **Método:** un estudio descriptivo, del tipo experiencia de informes, realizado con una enfermera en el sexto día después del parto cuyo bebé se encontraba en la UCIN. El Banco de Leche Humana del Hospital Universitario Antonio Pedro, Universidad Federal Fluminense, fue el sitio para el uso de las siguientes terapias: cromoterapia, musicoterapia, aromaterapia, baños de pies, reflexología y terapia de masajes. La que amamanta estaba de pie junto a su compañero, fomentando la confianza en el trabajo. Tras la finalización de las actividades, el seguimiento se llevó a cabo mediante el contacto telefónico con enfermeros con el fin de obtener datos sobre la evolución de su producción de leche, así como su bienestar físico y mental. **Resultados:** las técnicas son de gran importancia para la relajación y el bienestar de la madre lactante. **Conclusión:** las terapias holísticas y atención humanizada representaron dirigido a la integralidad de la enfermera de salud y el fomento de la producción de leche. **Descriptores:** Lactancia Materna; Terapias Complementarias; Leche Humana.

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INTRODUCTION

The process of milk production can be divided into three phases: mammogenesis, which structures the breast lactation milk letdown, characterized by the influx in the breast milk of the postpartum and galactopoese, which refers to milk production itself.¹

During the galactopoese, milk does not flow spontaneously, being necessary to the performance of their ejection hormone Oxytocin in myoepithelial fibers that surround the breast alveoli.¹ This hormone is released by both the direct link to the child by suction or by indirect stimuli as sight, smell and crying baby, but also the tranquility and confidence throughout the process of breastfeeding. However, the effects of oxytocin may be affected by feelings of fear, anxiety, insecurity as well as for pain and discomfort, which impairs the milk ejection.²

Taking into consideration that some situations provide difficulties in the establishment and maintenance of breastfeeding as babies in Neonatal Intensive and Intermediate Units, and given its importance to mothers and babies, strategies are needed to ease the emotions of this woman before these confrontations.

The Human Milk Bank (HMB) falls initially, both as a support structure for exceptional situations such as weaning the trade process care unit for the service of breastfeeding.³ And from a new look, with the development of the National Program Incentive breastfeeding, the milk banks have assumed a new role in the scenario of Brazilian public health, turning into strategic elements for the promotion, protection and support of breastfeeding.⁴

In the political context, the National Policy on Integrative and Complementary Practices (Integrative) recommends the establishment and implementation of programs and services related to complementary and integrative practices within SUS.⁵ Thus, integrative therapies have emerged as opposed to encouraging a practice traditional medicine of the biomedical model where no limitation as to the various dimensions of the human being by focusing solely physiological sphere. Have therapies are presented holistically addressing human scale based on the interactions of humans considering mind, body, and environment that involves.⁶

Gluing the integrative practices to overhaul the health care system and the HMB within the maternal and child health, we have nurses as bearer professional skills to operate at all times that permeate the lives of the nursing

mother. Therefore, this professional must be able to welcome her and her family in order to give them security and autonomy, using their technical and scientific knowledge, and the ability to form bonds of trust so you can work efficiently and to with this woman. The work of nurses in this type of technology is established and encouraged, and supported by COFEN as a specialty and/or qualifications of the professional nursing.⁷

The integrative therapies will be inserted as a form of relaxation for the promotion and support of breastfeeding. Such practices involve approaches which stimulate the natural mechanisms of injury prevention and recovery through effective and safe technologies, with emphasis on welcoming listening, in developing the therapeutic relationship and the integration of humans with the environment and society.⁵

The practices are aimed at inducing relaxation, reducing tension in the body and combat stress, to stimulating the release of oxytocin promoting galactopoese. Among the technologies are:

- ♦ Chromotherapy that uses colors exerting great influence on the environment, thus turning it and change communication, attitudes and appearance of those present;⁸

- ♦ The music therapy refers to the use of music as a therapeutic resource in order to provide comfort, enjoyment and safety to client, inserting itself as a strategy of care;⁹

- ♦ Aromatherapy is the use of essential oils which are volatile concentrated. These when inhaled, activate the limbic system, which controls emotion, impulses and instinctive reactions;¹⁰

- ♦ The foot bath is based on soaking the feet in warm water infusion, medicinal herbs, aromatic salts and flowers;¹¹

- ♦ Reflexology is on a technique of applying pressure to specific points enabling the patient relax and make his body react to the needs or disorders, by restoring energy;¹²

- ♦ The massage is based on complex processes, where the relaxing and stimulating hormones send messages to the brain. Touch is known as an increasing of oxytocin level, a hormone that relaxes us;¹³

OBJECTIVE

- Reporting the experience of residents in obstetrics regarding the applicability of integrative therapies.

METHOD

This is a descriptive study type reporting experience, which made use of observation as

a method on the use of integrative technologies into a nursing mother in Human Milk Bank (HMB) of the Antonio Pedro University Hospital (HUAP) at Fluminense Federal University / UFF.

The HMB is presented as an important icon in the health system, being the one to assist pregnant women, newborns, postpartum and breastfeeding women and their families in the Metropolitan Region II. Structurally it is composed of the reception room and reception, waiting room for preparation of female users and staff, a room of pasteurization and storage of raw and pasteurized human milk, and the last where women care and milking of human milk are performed when necessary. The care and samples of human milk are also conducted in the home of the mothers through home visiting service.

To select the participants of the study we sought a nursing mother whose son was hospitalized in the Neonatal Complex of HUAP, understanding that such mothers have a higher level of anxiety and stress may be the process of lactation negatively influenced by the presence of such circumstances. The woman in question was in the sixth postpartum day, along with his companion, encouraging confidence in the work.

The practice site of the therapies was the collection room of the HLB of said hospital. The meeting was organized in order to promote harmonious and welcoming therapeutic environment. After the completion of the activities, was kept monitoring the nurse by telephone in order to obtain data regarding the evolution of their milk production as well as their physical and mental well-being. Thus, the activities were carried out as a principle the use of integrative technologies: chromotherapy, aromatherapy, music therapy, foot baths, foot and palm reflexology, and massage with stimulating specific body points seeking relaxation and stimulation of the production of endogenous oxytocin with consequent favoritism in milk ejection, promotion and support of breastfeeding.

RESULTS

The individualized environment pleased the wet nurse, based on its statements and contemplation of space. This atmosphere was made possible by the choice of lighting with the color blue, classical music and aromatic lavender oil. With the development of this climate, we noticed a positive shutdown of postpartum stress linked against the admission of your child in the intensive care unit, based

on its action to close your eyes, lay your body on the chair back and appearance of serenity.

The physical contact with the wet nurse was done by therapies of foot baths, reflexology and massage, which we observed a significant level of relaxation and satisfaction for the customer, based on facial expression smiling and smoothing of features, as well as the demonstration calmness present in their speech.

The therapies used and the breasts those were flaccid become turgid due to the production of oxytocin. After relaxation, the massage was instituted for relief of breast lobules and made the hand milking, with consequent removal of approximately 150 ml of milk in aseptic and later offer his son who was in the NICU technique. Thus, there was an increase in milk production, since it removed about 50 mL per milking. In the telephone monitoring period recorded a reduction in the volume of collection of human milk.

DISCUSSION

There are several reasons that lead to a relaxation in the moment you realize the integrative therapies, energy, empathy, psychological factors. When we are touched, we release oxytocin which has the effect of reducing fear, increasing resistance to pain, increase calmness, improve relationships, for these reasons is considered the hormone of well-being.

Oxytocin release can also occur in response to conditioned stimuli such as sight, smell and crying child, and emotional factors, such as motivation, self-confidence and calmness.¹⁴

In the blue room, all talk and move down slowly, giving the feeling of peace and tranquility. Blue helps lower blood pressure and reduce stress and tension. Complementary or alternative medicine is widespread. The decor of a room therapy affects both the patient and the therapist.¹⁵

The choice of aromatic oil is of great importance in the composition of the desired and relaxed atmosphere for both, lavender oil that causes decreased stress on the individual was used, increasing the emotional nuances of fear and anxiety related to times of transition.¹⁶

Therapeutic music has great relevance in nursing care, as a study in which 11 of the 12 articles analyzed showed that music can be effective in nursing care and brings out feelings that remain hidden.¹⁷ Thus, the choice of musical style appears as the key point, and according to this same study, among various musical styles found, has been the predominant classical music, 7 of 12

(58,3%).¹⁷ with this analysis, we believe that music therapy it is favorable to relaxation and as a result, increased milk ejection, ie, music therapy can have a positive impact on the rate of breastfeeding.¹⁸ Just as music therapy had a positive impact, we understand that the technical factor involving the touch, like massage and reflexology, relaxation and possible increase the release of oxytocin and consequently milk ejection.

Regarding reflexology, it is understood that it is a science and an art that deals with the principle that the feet and hands there are areas of reflexes that correspond to all organs, glands and parts of the body.¹⁹ Is applied as a massage technique existing points representing all the organs and limbs of the human body, allowing relaxation and body balance, because to encourage them to bodily produced energy is released and used by the body of the patient.¹² The application of massage increases plasma concentration of oxytocin, and high levels of the hormone promote a decrease in anxiety and increase calm and interpersonal trust.²⁰ Concomitant to this, massage can promote a state of relaxation, induce emotional relief as well as improve their general condition.²¹

Nevertheless, the realization of the foot baths provided more comfort, since the footbath has many effects not only directly connected to the feet , but the whole context of sense of comfort and energizing.²² Emotional restoration attributed to women as well as the awakening of pleasant sensations , serves to support and support so that women can strengthen and encourage to continue coping the situation of a child, allowing you to new condition for interaction and involvement with.²² It should be emphasized that health care is humane and natural way, considering the great importance of the role nurse-patient.²³

CONCLUSION

Existing laws emphasize the importance and necessity of inclusion of integrative therapies in the Health System, particularly with regard to maternal and child health as they provide holistic and humane care with comprehensive view of the subject.

The practice of integrative therapies in a nurturing in the postpartum period allowed to observe the relaxation and tranquil countenance of the wearer with consequent production of oxytocin and increased milk production at the time of development activities. However, in the following days there was a reduction in the volume of human milk which reaffirms the necessity of

maintaining such practices as a way of promoting and supporting breastfeeding, thus contributing to its success.

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